EFFECT OF YOGIC INTERVENTION ON PSYCHOLOGICAL VARIABLES OF FEMALE PRISONERS

Short Synopsis

Submitted in Partial fulfilment of the requirement of the degree of

Doctor of Philosophy

to

Lakshmibai National Institute of Physical Education Gwalior

By

Km. Priyanka

(PH2021-03)

Under the supervision of

Dr. Vinita Bajpai Mishra

Associate Professor, Dept. of Sports Biomechanics LNIPE Gwalior

&

Co-Supervision of

Dr. Manorama Nikhra

Assistant Professor, Dept. of Human Consciousness & Yogic Science DSVV Haridwar

Dept. Of Yogic Sciences

Lakshmibai National Institute of Physical Education

Department Of Yogic Sciences

Certificate

I hereby declare that the short synopsis "**EFFECT OF YOGIC INTERVENTION ON PSYCHOLOGICAL VARIABLES OF FEMALE PRISONERS**" being submitted in partial fulfillment of the requirement for the degree of Doctor of Philosophy in Yoga under Department of Yogic Sciences, LNIPE, Gwalior during the academic year 2021-2022.

It is a bonafide record of original work carried out under the supervision of Dr. Vinita Bajpai Mishra and under the co-supervision of Dr. Manorama Nikhra has not been submitted in full or part to any other university or institute for a degree or diploma.

Km. Priyanka
PH2021-03

Supervisor-

Dr. Vinita Bajpai Mishra
Associate Professor
LNIPE, GWALIOR

(Chairman DRC)

Abstract

The present study investigates Effects of Yogic Intervention on mental health and psychological wellbeing of Female Prisoners Incarceration often leads to significant psychological distress, including heightened levels of anxiety, depression, stress, and reduced emotional well-being. Female inmates, in particular, face unique psychological challenges due to separation from family, stigma, and institutional constraints. This research aims to explore whether structured yogic practices can serve as an effective non-pharmacological method to 3 alleviate psychological distress and enhance mental health in this population. A purposive sample of female prisoners was selected and divided into experimental and control groups. The experimental group underwent a comprehensive yogic intervention program consisting of asanas (physical postures), pranayama (breathing techniques), meditation, and relaxation practices over a defined period. Standardized psychological tools were employed to assess variables such as stress, anxiety, depression, Aggression , and Psychological well-being before and after the intervention. Statistical analysis revealed a significant reduction in stress, anxiety, and depression levels, along with an improvement in self-esteem and psychological well-being among participants who received the yogic intervention, compared to the control group. The findings suggest that yoga can be a powerful tool for psychological rehabilitation and emotional regulation in correctional settings. Incorporating yoga into prison reform programs may contribute to the holistic development and rehabilitation of female inmates. The study underscores the need for integrating mind-body interventions in correctional environments to promote mental health and reintegration into society.

Keywords- Yogic Intervention, Female Prisoners, Psychological Health, Aggression, Anxiety, Depression , Psychological well-being

CONTENTS

	Page No.
1. Introduction	5
2. Literature Review	5-7
3. Objectives of the Study	8-9
4. Research Methodology	10-12
5. Expected Outcome of the Research	13
References	14
Plagiarism Report	

1. INTRODUCTION

Prisons are not places of retreat and enjoyment, and it is highly likely for any prisoner to go into depression, anger and frustration during confinement and not much social life. Prison can have far-reaching implications for on one's psychological and overall physical working. Further, heightened levels of distress, aggression and anti-social behaviour are significantly observed among prisoners (Haney, 2002; Hawkins, 2003). Psychological disorders management has to be dealt with through intervention of different psychological management approaches. Within India, not much emphasis is given on the stress management programs, and thus it becomes all the more important to understand the importance of psychological disorders management tools with specific reference to yoga and meditation.

The benefits of yoga and contemplation practice have been extensively bandied and include physical exertion, treatment of illness, conservation of health, fostering understanding and compassion, and particular growth. When considering these advantages in relation to captures, there is clear eventuality for objectification of yoga and contemplation practice into captivity.

The implicit benefits of yoga and contemplation practice extend beyond those with cerebral and physical health problems, diagnosed or otherwise. Captivity is a delicate terrain, and captures must come to terms with a range of painful and stressful situations, including loss of control, family contact, sequestration, status, and safety(Crewe, 2007; Liebling, 1999). The loss of family life, liberty, and the fear of decay and deterioration are particularly painful for captures(e.g., S. Cohen & Taylor, 1972), all of which can further reflection. Inversely, simulated connections with staff and other captures can lead to a tense living terrain. Yoga and contemplation practices can help individuals to more understand and manage delicate situations feelings and so have the eventuality to ameliorate both interpersonal connections and cerebral well-being.
The colorful implicit reasons for rehearsing yoga or contemplation are fluently achievable, due to favorable logistics in terms of program delivery. Yoga and contemplation classes bear little outfits and can feed for fairly large groups. Classes can be handed in a cost-effective manner as an individual reaches a reasonable position of familiarity with the ways being tutored; he or she will also be suitable to exercise alone. This increases the practicability indicated to over, as upon completion of a course, an intern would be suitable to continue his or her practice alone.

2. LITERATURE REVIEW

Kaur, Manpreet & Kumar Rajesh(2016) Studies attest the fact that contemplation enhances performance physiologically and psychologically. It can ameliorate the internal well-being of the captures and reduce the freakishness among captures. Captures far and wide survive under tough and frustrating situations that constantly make up their stress situations. The present exploration focuses on the discussion of how the captures, especially womanish, benefit from contemplation. The studies used in the present exploration help in establishing how yoga can ameliorate mood, reduce stress and controlanti-social gestee in mortal beings as compared to those who warrant contemplation sessions in their routine, all the more in women in captivity, since women(and men) captures need constant emotional and cerebral curatives to guard theiranti-social instincts in the future. This paper traces the positive and encouraging changes in the health of womanish captures in Delhi reported after rehearsing contemplation, yoga and similar ways abetting stress operation.

Venkata Satyanarayana Nanduri, Revathi Ram(2020) it is a general notion that rigorous sequestration and custodial measures would reform the malefactors of Law. Experience still contradicts this expectation, and constant imprisonment had the contrary effect. This study was conducted to test whether a given system of Yoga Prana Vidya(PV) intervention can be applied for captures to increase their cerebral well-being(PWB) and reduce the lawless station(CATS). Paraphernalia & system. Pre and Post-test without control group design was adopted for the present study. A mixed system was used to collect the data to see the effect of a 3-month PV intervention on 30 under-trial captures. For the quantitative part of study, Psychological well-being (PWB) and lawless station Test (CATS) were used before and after the intervention. Statistical analysis was conducted using IBM SPSS. Qualitative interview interviews were conducted on 10 actors out of the 30, and the interview notes were analysed. Results Statistical analysis of quantitative data showed that there was a significant positive change in the PWB and kitten parameters after the intervention. The qualitative analysis yielded four themes:(1) PV is a positively Life-changing phenomenon, easy to exercise daily, (2) Clear Intention to sustain PV practice after release from jail, (3) Desirous of promoting, helping and recommending PV to others to learn and exercise, and(4) Some challenges endured by actors in the intervention. Conclusions PV intervention produced positive results for captures who rehearsed regularly. It is recommended that Government agencies and Social Workers may consider these findings for applicable performance of PV in their Captivity reform sweats for reducing crime rate and recidivism.

Amy C. Bilderbeck et. al(2015) In the first randomised controlled trial of yoga on UK captures, we preliminarily showed that yoga practice was associated with bettered internal good and cognition. Then, we aimed to assess how class attendance, tone- practice, and demographic factors were related to outgrowth amongst captures enrolled in the 10- week yoga intervention. styles. The data of 55 actors(52 joker, 3 lady) who completed a 10- week yoga course were analysed. Changes in pre- and post-yoga measures of affect, perceived stress, and cerebral symptoms were entered into direct retrogression analyses with bias- corrected and accelerated bootstrap confidence intervals. Class attendance, tone- practice, demographic variables, and birth psychometric variables were included as regressors. Results. Actors who attended further yoga classes and those who engaged in frequent(5 times or further) tone- practice reported significantly lesser diminishment's in perceived stress. diminishment's in negative affect were also significantly related to high frequence tone- practice and lesser class attendance at a near-significant position. Age was appreciatively identified with yoga class attendance, and advanced situations of education were associated with lesser diminishment's in negative affect. Conclusions. Our results suggest that there may be progressive salutary goods of yoga within captivity populations and point to subpopulations who may profit the most from this practice.

Lundstrom, Traci H. et al. (2020) In addition to the additional stress of being in captivity, people who are incarcerated have a high prevalence of stress-related disorders, such as addiction and post-traumatic stress disorder (PTSD). These people have limited access to stress-reduction resources. Regular, structured yoga lessons could be one strategy. We examined the efficacy of a quick, intense yoga intervention in a group of women who were detained in a county jail using two different methods. Examining archive material gathered as part of a program analysis was the initial strategy. After just one yoga session, people's self-reported stress levels significantly decreased. A week-long yoga intervention was used in an experimental investigation as the second strategy. For the first week, thirty-four participants were split between the yoga and control groups. The circumstances were reversed in the second week. Weekly assessments were given to participants both before and after the intervention. Compared to normative data, baseline scores showed significant levels of stress, sadness, and exposure to traumatic life events. The Perceived Stress Scale and the Beck Depression Inventory were used to measure stress and depression, respectively. Following a week of daily yoga sessions, participants reported lower levels of

depression than controls. Both control and yoga conditions resulted in a reduction in perceived stress. It is crucial to look at interventions that can be offered temporarily because of the penal institution's temporary character. Despite the study's shortcomings, the findings lend credence to the idea that the short yoga session improved participants' wellbeing.

Colin Silverthorne and Yoika Danielly (2017) Subjects were female convicts at two South Carolina correctional prisons participating in the Yoga Prison Project. Among those who applied, inmates were chosen to take part in a ten-week yoga program that focused on trauma. In order to establish control and experimental groups, prisoners who volunteered were randomised to either a waitlist (Control Group, n = 17) or the class (Treatment Group, n = 33). All qualified inmates who applied took part in a yoga class, as inmates on the waitlist later joined the next class. Data was gathered from both groups prior to the start of the first yoga class and again ten weeks later using measures of stress, sadness, anxiety, self-control, self-awareness, and rumination. Mixed design ANOVA tests were used to evaluate the changes from before and after the intervention. Participants in the yoga program reported feeling more self-aware and experiencing significant reductions in stress and depression. There were no discernible differences in the yoga groups' scores on tests of anxiety, rumination, or self-control. Inmates in the control group reported a worsening or no change on anxiety and self-control ratings, but those in the yoga group had an improvement in these two areas, albeit not statistically significant. The degree of rumination remained unchanged. The findings imply that yoga is a reasonably priced intervention that may help both prisoners and staff by lowering some risky behaviours and maybe mental health issues.

Manorama Nikhara and Pranav Pandya (2011) Investigating the impact of self-awakening Yog Sadhana and Pranic healing on the Pranic energy level of female inmates was the goal of the current study. The female inmates received a bundle of yoga and pranic healing on a regular basis for 45 days, lasting 90 minutes each time. This study was carried out utilising a control experimental group design at the central jail in Gwalior, Madhya Pradesh. There were 100 participants in the sample, ranging in age from 25 to 65. To measure Pranic energy levels, a biopulsor-reflexograph was employed. There were pre- and post-tests. The data analysis method used was the paired t-test. The research has shown a significant outcome at the p<0.01 level.</mark>

Kerekes, Nóra, and others (2017) individuals were randomly assigned to either a control group (N = 75) or a 10-week yoga program (one class per week; N = 77) out of 152 individuals from nine Swedish correctional facilities. In addition to completing a computerised test measuring attention and impulsivity, participants completed questionnaires measuring stress, aggression, affective states, sleep quality, and psychological well-being both before and after the intervention period. Thirteen out of sixteen variables (such as reduced perceived stress, improved sleep quality, higher psychological and emotional well-being, and decreased aggressive and antisocial behaviour) showed substantial changes in the yoga group following the intervention period, while two variables in the control group showed similar gains. After ten weeks of yoga, participants reported far better emotional well-being and less antisocial behaviour than those in the control group. Additionally, they performed better on the computerised test that gauges impulse control and attention.

OBJECTIVES OF THE STUDY

1. To Check the effect of selected Yogic Intervention on Stress level of female prisoners.

2. To Check the effect of selected Yogic Intervention on Anxiety level of female prisoners.

3. To Check the effect of selected Yogic Intervention on Depression level of female prisoners.

4. To Check the effect of selected Yogic Intervention on Aggression level of female prisoners.

5. To Check the effect of selected Yogic Intervention on Psychological Well-Being level of female prisoners.

RESEARCH QUESTIONS

- ➢ Will selected Yogic intervention will help the Female Prisoners to reduce the level of Anxiety.
- ➢ Will selected Yogic intervention will help the Female Prisoners to reduce the level of Depression.
- ➢ Will selected Yogic intervention will help the Female Prisoners to reduce the level of Stress.
- ➢ Will selected Yogic intervention will help the Female Prisoners to reduce the level of Aggression.
- ➢ Will selected Yogic intervention will help the Female Prisoners to improve their Psychological Well-Being.

DELIMITATIONS

- ➢ Assessment of Anxiety, Depression and Stress will be delimited to ADSS scale developed by Pallavi Bhatanagar.
- ➢ Assessment of Aggression will be delimited to Aggression Scale developed by R.C. Bhardwaj.
- ➢ Assessment of Psychological Well-Being will be delimited to Psychological Well-Being Scale (PWBS) developed by Pallavi Bhatanagar.
- ➢ This Study will be delimited to Adult Age group only.
- ➢ This Study will be delimited to Female Prisoners only.

STATEMENT OF THE PROBLEM

The statement of the problem is stated as "**Effect of yogic Intervention on psychological variables of female prisoners."**

HYPOTHESIS

1. It is hypothesized that selected Yogic intervention will not reduce the anxiety level of subjects significantly.
2. It is hypothesized that selected Yogic intervention will not reduce the depression level of subject significantly.
3. It is hypothesized that selected Yogic intervention will not reduce the stress level of subject significantly.
4. It is hypothesized that selected Yogic intervention will not reduce the aggression level of subject significantly.
5. It is hypothesized that selected Yogic intervention will not improve the Psychological Well-Being level of subject significantly.

LIMITATIONS

➢ The previous experience of the subjects regarding the test was considered as limitation of the study.

➢ Family background, severity of criminal offense they have been charged with will be considered as limitation of the study.

SIGNIFICANCE OF THE STUDY

➢ The present study may help the female prisoners to reduce their stress level practicing selected yogic interventions.

➢ The present study may help the female prisoners to reduce their anxiety level practicing selected yogic interventions.

➢ The present study may help the female prisoners to reduce their depression level practicing selected yogic interventions.

➢ The present study may help the female prisoners to reduce their aggression level practicing selected yogic interventions.

- ➢ The present study may help the female prisoners to improve their psychological well-being level by practicing selected yogic interventions.
- ➢ The present study may be recognized as reliable source of information for treating persons who are suffering with selected Psychological problems.
- ➢ This study could make significant behavioral changes in prisoners which may help them carry a crime free mindset for rest of their life.

RESEARCH METHODOLOGY

SELECTION OF SUBJECTS

To achieve the aim of the study, sixty subjects will be recruited purposively. Subjects who have been imprisoned under violation of any act established by Indian Law code will be eligible for taking part in this study. After telling them aim of the study subjects will be asked to sign a consent form.

SELECTION OF VARIABLES

After going through deep review literature analysis the researcher has shortlisted following dependent and independent variables.

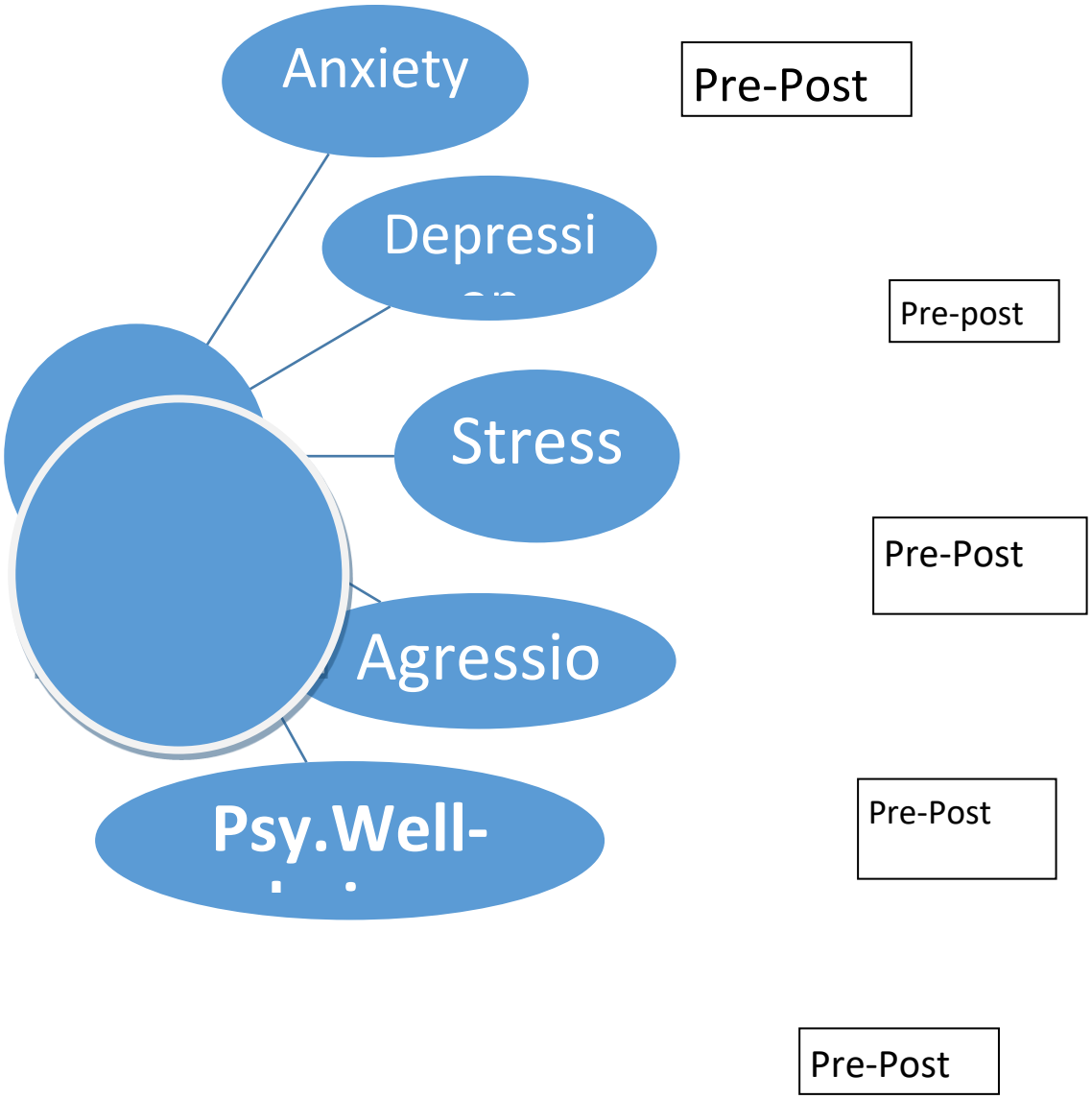
Dependent Variables:-

1. Stress (Developed by Pallavi Bhatnagar, Megha Singh, Manoj Pandey, Sandhya, Amitabh).
2. Anxiety (Developed by Pallavi Bhatnagar, Megha Singh, Manoj Pandey, Sandhya, Amitabh).
3. Depression (Developed by Pallavi Bhatnagar, Megha Singh, Manoj Pandey, Sandhya, Amitabh).
4. Aggression (Dr. R.L. Bhardwaj).
5. Psychological well-being scale (Devendra singh Sisodiya, Ms Pooja Chaudhary).

Independent variable:-

1. Yogic Intervention

RESEARCH DESIGN



ADMINISTRATION OF TEST

Selected group of prisoners will be tested on stress, anxiety, depression, aggression, & psychological well-being using standard protocol suggested in user manual of questionnaire. After giving them explanation of each question mentioned in questionnaire subjects will be asked to mark their response on questionnaire presented to them pre and post yogic intervention.

COLLECTION OF DATA

- The collection of data is completely depend upon the performance of all these specific yogic intervention by experimental group for 50 days.
- Sample will be tested twice (Pre-Post) with an interval of minimum 50 days of training.
- **There will be two groups-**
- Experimental group (30 Sample)
- Control group (30 sample)

Yogic Intervention **(60 Minutes)**

Yogic Intervention	Time Duration	Rest
Opening Prayer	3 Min.	
Loosning Practices / Warm up	8 Min.	2 Min.
Pragyayog	15 Min.	2 Min.
Relaxation Asanas (Shavasana/Makarasana)	5 Min.	……..
Breathing Practices or Pranayama (Nadishodhan,Bhramari,Ujjayi)	15 Min.	2 Min.
Soham Meditation	5 Min.	…….
Omkar Chanting and Shantipath	3 Min.	**…….**

STATISTICAL TECHNIQUES

Paired t-tests will be used to compare the effect of selected yogic intervention on stress, anxiety, depression, aggression, & Psychological well-being before and after the treatment. Level of significance will be set at 0.05.

EXPECTED OUTCOMES OF THE RESEARCH

The current study comes to the conclusion that yoga intervention considerably improves the psychological health of female inmates. Regular yoga practice improved emotional control, self-esteem, mindfulness, and sleep quality while also showing measurable improvements in stress, anxiety, and depressive symptoms. Improved interpersonal conduct and increased resilience in handling the difficulties of incarceration were further benefits of the intervention. According to these findings, incorporating structured yoga sessions into correctional environments is a cost-effective, comprehensive strategy for rehabilitating female prisoners and fostering their emotional stability and mental health.

REFERENCES

1. Kaur M., & Kumar R., (2016) Effect Of Yoga And Meditation On Stress management Of Female Prisoners In Delhi – A Review Paper. International Journal of Science Technology and Management, Vol. No. 5, Issue No. 12 page 494-499

2. Nanduri VS, Ram R. (2020) Effects Of Yoga Prana Vidya Intervention On Psychological Wellbeing And Criminal Attitude Of Under-Trial Prisoners. Indian J Psychiatr Soc Work 2020, 11 (2)

   DOI:10.29120/IJPSW.2020.v11.i2.232

3. Bilderbeck, Amy & Brazil, Inti & Farias, Miguel (2015) Preliminary Evidence That Yoga Practice Progressively Improves Mood and Decreases Stress in a Sample of UK Prisoners. Evidence-based Complementary and Alternative Medicine. Volume 2015, Article ID 819183, 7 pages

   DOI:10.1155/2015/819183

4. Danielly, Yoika & Silverthorne, Colin. (2017). Psychological Benefits of Yoga for Female Inmates. International Journal of Yoga Therapy.

   DOI:10.17761/IJYT2017_Research_Danielly_Epub

5. Pandya, Pranav & Nikhara, Manorama (2011) A Study the Effect of Yog Sadhana and Pranic Healing on Pranic Energy Level of Female Prisoners. International Journal of Education & Allied Sciences . Jan-Jun2011, Vol. 3 Issue 1, p1-14. 14p. 8 Charts, 8 Graphs.